

FALL 2025 PROGRAM GUIDE September - December

10A-215 Carnegie Drive, St. Albert, AB T8N 5B1

780-459-7377 / www.stalbertfrc.ca

Charitable #128925666RR0001



**St. Albert Family
Resource Centre**

GROWING STRONG TOGETHER

STRONG, EMPOWERED FAMILIES | THRIVING, HAPPY CHILDREN

MEANINGFUL COMMUNITY CONNECTIONS

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HAPPY fall
fall

Find us on:



10 A, 215 Carnegie Drive, St. Albert, Alberta T8N 5B1

780-459-7377 | www.stalbertfrc.ca

Register online @www.stalbertfrc.ca

**NO PROGRAMS AUGUST 25
TO SEPTEMBER 5**

Family Membership Available Online

SPECIAL EVENT

BOO!



Join us for our agency-wide **BOO BASH!** Our program room will be converted into a **SPOOKTACULAR FUN HOUSE**, our preschool room will become a **MONSTER MASH**, our early learning room will turn into a **PUMPKIN PATCH**, and finally, we can't celebrate without **TRICK OR TREATS**, in the kitchens, of course!

Date: Thursday, October 30th, 2025
Time: 10:00am - 12:00pm OR 1:30pm - 3:00pm
Fee: FREE



ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

PLAYTIME Drop-In Program (Ages 0 to 5 years)

This is a great opportunity for parents, caregivers, or grandparents to come and enjoy our Early Learning Centre with their children. The Early Learning Centre offers a comfortable and secure play environment that engages children in activities which will promote their growth and development. Come meet new friends or connect with old ones!

Date: Mondays (Starting Sept 8th)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

Facilitators: Miss Shay & Miss Sabrina

Date: Fridays (Starting Sept 12th)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

NO CLASS OCTOBER 13th, OCTOBER 31st, & DECEMBER 19th, 2025

BARNYARD BABY (Ages 0 to 18 months)

This parent and baby group is a great way to meet new friends and sing new songs while exploring all things fall and farm. Prepare to get messy during our sensory and art play.

Date: Tuesdays, September 9th to September 23rd, 2025; 3 sessions

Time: 10:00am - 11:00am OR 2:00pm-3:00pm

Fee: FREE

Facilitator: Miss Shay



PUMPKIN SPICE & EVERYTHING NICE (Ages 18 months to 3 years)

Join us for some fall themed fun with your little! In this program we will be focusing on sensory activities, along with songs and crafts that will LEAF you smiling.

Date: Tuesdays, September 9th to September 23rd, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina



ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

STORYTIME ADVENTURE (Ages 2.5 to 5 years)

Enhance your child's love of books! Your child will enjoy their favorite stories through a variety of activities that include: crafts, games, dramatic play & so much more. We will explore a variety of children's authors that are sure to leave a lasting impression on you and your child!

Date: Thursdays, September 11th to September 25th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya



PEEK-A-BOO BABY (Ages 0 to 18 months)

Spiders, monsters and ghosts, oh my! Let's explore all things Halloween. Get in the spirit by singing songs, making spooky crafts and exploring some ooey gooey sensory activities.

Date: Tuesdays, October 7th to October 21st, 2025; 3 sessions

Time: 10:00am - 11:00am OR 2:00pm-3:00pm

Fee: FREE

Facilitator: Miss Shay

TRICK OR TREAT TOTS (Ages 18 months to 3 years) *NEW*

Are you ready for a Spooktacular adventure? Grab your little ghouls or goblins and join us for some delightful activities that bring the excitement of Halloween to life!

Date: Tuesdays, October 7th to October 21st, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina

BOO!

Parents: Questions or concerns about parenting? Our Parent Coach is available to meet with families and provide assistance on a short-term basis. Accessing the Parent Coach can be as easy as making a phone call, meeting face-to-face, or connecting through social media. This program is open to ALL families.

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

LITTLE CHEFS (Ages 3 to 5 years)

Have you ever wondered what kinds of dishes your child could make in the kitchen with a little help? Discover a variety of enjoyable kid friendly cooking activities & recipes in this highly interactive session for you and your little one. The many talents of your "Little Helper" may surprise you! ***Please sign up for one date only!***

Date: Thursdays, October 9th OR 16th OR 23rd, 2025; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Allie

QUILTS & CRAFTS (Ages 0 to 18 months)

Quilts and Crafts offers a fun space to make new friends, explore cozy sensory activities and create some crafts with your littles!

Date: Tuesdays, November 4th AND November 18th, 2025; 2 sessions

Time: 10:00am - 11:00am OR 2:00pm-3:00pm

Fee: FREE

Facilitator: Miss Shay

QUILTS & CRAFTS (Ages 18months to 3 years)

Quilts and Crafts offers a fun space to make new friends, explore cozy sensory activities and create some crafts with your littles!

Date: Tuesdays, November 4th AND November 18th, 2025; 2 sessions

Time: 10:00am - 11:00am OR 2:00pm-3:00pm

Fee: FREE

Facilitator: Miss Sabrina

EVERYDAY
moments make the best
MEMORIES

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

LITTLE BAKERS IN THE KITCHEN (Ages 3 to 5 years)

Children will love creating tasty treats that they can enjoy themselves or share with someone else. With a little help, your child will discover a variety of “kid” friendly recipes in a highly interactive baking experience. ***Please sign up for one date only!***

Date: Thursdays, November 13th OR 20th, 2025; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

Little Bakers

BABY IT'S COLD OUTSIDE (Ages 0 to 18 months)

Bring your babies and join us to ring in the holiday spirit. Together we will explore various sensory activities for winter, make crafts for loved ones and sing some festive songs!

Date: Tuesdays, December 2nd to December 16th, 2025; 3 sessions

Time: 10:00am - 11:00am OR 2:00pm-3:00pm

Fee: FREE

Facilitator: Miss Shay

CHRISTMAS CUDDLES, SONGS & SNUGGLES (Ages 18 months to 3 years)

What better way to cozy up in the cold than to snuggle together with songs and rhymes you can enjoy all through the Christmas season. Your little one will be learning, but what they will love is the time with you! Don't forget your PJ's!

Date: Tuesdays, December 2nd to December 16th, 2025; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Sabrina

*SNUGGLE
season*

ONLINE Registration Opens at 12:00pm August 13th, 2025

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Early Childhood Parented

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DIY WITH YOU AND I (Ages 3 to 5 years)

Join us for this fun and affordable DIY class. Create a variety of unique projects to take home or gift. You and your little one will be given the opportunity to explore and enhance your artistic talents while creating your own unique masterpieces. Take home the memories with the keepsakes you have made together. *Please sign up for one date only!*

Date: Thursdays, December 4th OR December 11th, 2025; Individual sessions
Time: 10:00am - 11:00am
Fee: FREE
Facilitator: Miss Allie

Please excuse
the mess our
CHILDREN
are busy making
memories

Parents: Questions or concerns about parenting? Our Parent Coach is available to meet with families and provide assistance on a short-term basis. Accessing the Parent Coach can be as easy as making a phone call, meeting face-to-face, or connecting through social media. This program is open to ALL families.

Virtual Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

VIRTUAL RUSTIC RANCH (Ages 3 to 4 years)

Join us as we take a trip to the farm! In this program we will learn about different farm animals, sing some silly songs and make some rustic crafts. Put on your cowboy hat and boots and let's have some fun!

Date: Mondays, November 3rd to 17th, 2025; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay

VIRTUAL POPPIN PENGUINS (Ages 4 to 6 years)

Join us as we waddle and pop the cold away just like the penguins do in this hands-on penguin-themed program that will include many activities to spark your child's creativity .

Date: Thursdays, November 6th to November 20th, 2025; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Allie

VIRTUAL CRAFTING AROUND THE CHRISTMAS TREE (Ages 3 to 4 years)

The weather outside is frightful, but crafting is so delightful. Our little elves will be getting into the holiday spirit and working on their fine motor skills too! We hope to spread some Christmas cheer as we craft around the Christmas tree!

Date: Mondays, December 1st to December 15th, 2025; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Sabrina

Parents: Questions or concerns about parenting? Our Parent Coach is available to meet with families and provide assistance on a short-term basis. Accessing the Parent Coach can be as easy as making a phone call, meeting face-to-face, or connecting through social media. This program is open to ALL families.

Virtual Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

VIRTUAL LITTLE ELVES IN THE KITCHEN (Ages 4 to 6 years)

Don't let Santa's little Elves get left out this Christmas! Join us in a highly interactive virtual baking experience, where children will love creating tasty holiday treats that they can enjoy for themselves or share with someone else. With a little help, your child will discover a variety of "kid" friendly recipes that will put you all in the holiday spirit.

Please note for virtual cooking classes supplies are not provided

Date: Thursdays, December 4th AND December 11th, 2025; 2 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

WEDNESDAY WONDERS (Ages 3 to 6 years) ***NEW***

Come join us on an exciting adventure as we explore the wonders of the world around us through a play-based approach. Each month, your children will dive into a new theme, filled with hands-on activities designed to foster growth across all developmental areas. From creative exploration to cognitive challenges, our activities inspire curiosity, build social skills, and nurture emotional growth, all while having fun!

Date: Wednesdays

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitators: Miss Shay

MONTHLY DATES & THEMES:

September 10th to September 24th, 2025; 3 sessions (**A is for Autumn**)

October 8th to October 22nd, 2025; 3 sessions (**Fairy Tales & Pumpkin Tails**)

November 5th to November 19th, 2025; 3 sessions (**STEM with Miss Shay**)

December 3rd AND 10th, 2025; 2 sessions (**Merry Makers**)

**WONDERFUL
WEDNESDAY**

Early Childhood Requirements:

Children attending any un-parented programs other than Discover & Learn MUST be fully toilet trained.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

DISCOVER & LEARN (Ages 2.5 to 5 years)

During Discover and Learn, children will be engaged in planned activities along with free play using our learn-through-play philosophy. Children will explore science, literacy, problem solving, socializing and much more.

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available

Date: Thursdays ***NO CLASS OCTOBER 30th***
Time: 9:30am - 11:30am
Fee: FREE
Facilitators: Miss Shay & Miss Sabrina

WEEKLY THEMES:

<u>SEPTEMBER</u>	<u>OCTOBER</u>	<u>NOVEMBER</u>	<u>DECEMBER</u>
Autumn's Explorers	Pumpkin Patch Pals	Fall in Love with Reading	Tis the Season
11 th Back to School	2 nd Farm Friends	6 th Going on a Leaf Hunt	4 th Season of Giving
18 th Leafy Adventures	9 th Giving Thanks	13 th The Leaf Thief	11 th PJ's & Cocoa Party
25 th Forest Friends	16 th Spookley the Pumpkin	20 th Little Acorn	
	23 rd The Potion Pals	27 th Little Mushroom	
	30 th NO CLASS		

Early Childhood Requirements:

- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Children 3 and over, who are registering for any other un-parented program, must be toilet- trained.
- Parents are *strongly* encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

FUNTASTIC FRIDAYS (Ages 3 to 6 years)

End the week with a mixed bag of fun! Join us for an exciting theme filled morning where we use our imaginations and explore through age appropriate activities. Join us for one class, or register for all of them!

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya

Dates & Themes:

September 12th, 2025; "Fabulous Fall"

September 26th, 2025; "Forest Friends"

October 10th, 2025; "Scarecrows"

October 24th, 2025; "Monster Trucks"

November 7th, 2025; "Autumn Gnomes"

November 21st, 2025; "Frozen"

December 5th, 2025; "Cookies & Candy Canes"

December 12th, 2025, "Polar Express"



Happy Friday

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

FALL TREES & CRUNCHY LEAVES (Ages 4 to 6 years)

Join Miss Allie for a magical exploration of the changing seasons and all that autumn has to offer. Your child will engage in stories, activities and fun fall crafts. Leaves are falling and autumn is calling!

Date: Mondays, September 8th to September 22nd, 2025; 3 sessions

Time: 1:30pm -3:30pm

Fee: FREE

Facilitator: Miss Allie



ALLIE'S ARTISTS (Ages 3 to 5 years)

This class will have your little one connecting with his or her creative side! Miss Allie will incorporate numerous hands-on art activities that will have your child gushing with pride...and maybe a little mess too!

Date: Tuesdays, September 9th to September 23rd, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

APPLE ORCHARD EXPLORERS (Ages 3 to 5 years) ***NEW***

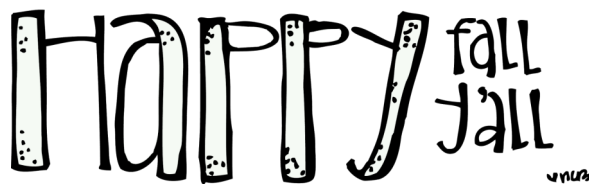
Join us for an exciting adventure, where young explorers embark on a journey through the wonders of apple orchards. We will discuss the magic behind autumn's harvest season through stories, crafts and so much more.

Date: Tuesdays, September 9th to September 23rd, 2025; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina



Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

FALLIN' APPLES (Ages 4 to 6 years)

"Apples juicy, apples round, on the tree or on the ground. Apples yellow, apples red, apple pie and juice and bread! Apples crunchy, apples sweet. Apples are so good to eat!" Join Miss Allie for a bushel of fun learning about apples through engaging stories, fall activities and crafts!

Date: Thursdays, September 11th to September 25th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

SEEDS TO SUNFLOWERS (Ages 4 to 6 years) *NEW*

A big long stem, a center dark, big yellow petals, found in the park. I pick the sunflower, I breathe it in, it smells so good, it makes me grin! "Lauren. S" Let's learn about sunflowers from seeds to full bloom by exploring its wonderful life cycle. Through science, sensory, art and more, your child will learn all the amazing facts of what makes a sunflower special.

Date: Mondays, October 6th AND October 20th, 2025; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie



PUMPKIN PATCH (Ages 3 to 5 years)

Prance around the pumpkin patch and explore the best that autumn has to offer. Engage in singing, dancing and crafts. Who knew pumpkins could offer SO MUCH FUN?!

Date: Tuesdays, October 7th to October 21st, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

HAPPY fall
fall

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

HARVEST, HOOT & HOWLS (Ages 3 to 5 years) *NEW*

Step into a world where autumn's charm meets nature's wonders! This whimsical program invites your child to explore the magic of the fall season through nature, animals and a bit of spooky fun!

Date: Tuesdays, October 7th to October 21st, 2025; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Sabrina

MAGNIFICENT MAKERS (Ages 4 to 6 years)

Let's make magnificent things together! In this program your child will experience a variety of ways to create masterpieces of their own. Through arts, crafts, loose parts play exploration and so much more, we will entertain ourselves through fun and imaginative ways!

Date: Thursdays, October 9th to October 23rd, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



PRECIOUS PINECONES (Ages 4 to 6 years) *NEW*

I'm a little pinecone, brown and small. I live in a pine tree, oh so tall! When the cold wind blows I dance and hop, I drop to the ground with a plop, plop, plop! This class will invite your child to learn about the life cycle of pine trees and various other conifer trees through fun songs, games, crafts and so much more!

Date: Mondays, November 3th to November 17th, 2025; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

SNOWFLAKE SCIENCE (Ages 3 to 5 years)

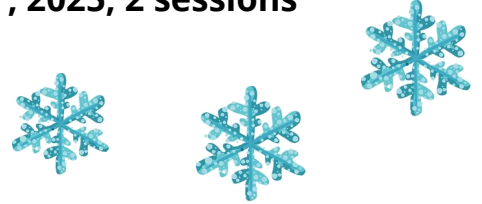
Brrrr! Beat the winter blues in this hands-on snowflake STEM class. This program will encourage your child's curiosity of snow while building critical thinking and problem-solving skills.

Date: Tuesdays, November 4th AND November 18th, 2025; 2 sessions

Time: 9:30am –11:30am

Fee: FREE

Facilitator: Miss Allie



WONDERS OF WINTER (Ages 4 to 6 years)

This class will encourage your child to fall in love with our chilliest season by learning all about snow and the life cycle of snowflakes along with the adaptable arctic animals that thrive throughout. The wonders of winter can be so magical, come explore through stories, crafts, games and more!

Date: Thursdays, November 6th to November 20th, 2025; 3 sessions

Time: 9:30am –11:30am

Fee: FREE

Facilitator: Miss Allie

GINGERBREAD FRIENDS (Ages 4 to 6 years)

What is sweet and spicy and smells like cinnamon? It's gingerbread of course! In this class we will explore classic and new adaptations of the well-known fairy tale, The Gingerbread Man. Your child will explore the wonders of our gingerbread friends through songs, games, crafts and so much more!

Date: Mondays, December 1st to December 15th, 2025; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Allie



Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

HOLIDAY TRADITIONS (Ages 3 to 5 years)

Traditions can be an important tie bringing families and cultures together. Learn about winter celebrations through the exploration of crafts, games, stories, and foods that are traditional to Christmas in various countries. Come prepared to have fun and to share some of your families holiday traditions!

Date: Tuesdays, December 2nd to December 16th, 2025; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Allie

Happy Holidays

CANDY CANE COCOA CREW (Ages 3 to 5 years) *NEW*

Welcome to Candy Cane Cocoa Crew, where every day is a sweet adventure filled with festive fun, creativity and holiday magic! Your little will join a team of merry makers on a mission to celebrate the season with joy, imagination and plenty of sugar coated fun!

Date: Tuesdays, December 2nd to December 16th, 2025; 3 sessions

Time: 1:30Pm - 3:30Pm

Fee: FREE

Facilitator: Miss Sabrina

SANTA'S WORKSHOP (Ages 4 to 6 years)

Need a few hours to yourself to prepare for the upcoming holiday season? Have your children join us in Santa's Workshop for some hands on fun with creative crafts, toy testing & sweet treats! They might even have something wrapped and waiting for you on Christmas day!

Date: Thursdays, December 4th OR December 11th, 2025; individual sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

KIDS CONFIDENT & STRONG (Ages 8 to 12 years)

With the right tools we can be better equipped to grow into an individual who can go out and conquer the world! This dynamic class is designed to encourage, support and empower your child to be confident and proud of who they are. Through fun and exciting activities, we will explore and gain skills such as strength, determination and leadership. "You are braver than you believe, stronger than you seem, and smarter than you think" ~ A.A. Mine

Date: Wednesdays, September 10th to September 24th, 2025; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA

YOU ARE
Stronger
THAN
YOU THINK

TRICKS & TREATS (Ages 6 to 12 years)

Tricks & Treats is all about Halloween fun! From baking and making treats to games and activities; if your child loves Halloween and wants to celebrate more than once a year, then this is the program for them! *Please sign up for one date only!*

Date: Wednesdays, October 8th OR 15th OR 22nd, 2025; individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA

CREATIVE INVENTORS (Ages 6 to 12 years)

Come and join us in this engaging program, where children are encouraged to explore through open-ended learning. Each week children will be presented with "loose parts" where they will construct, investigate and inquire about others and the world around them. These young inventors will have the opportunity to be curious and creative while expanding on their imagination and play skills.

Date: Wednesdays, November 5th AND November 19th, 2025; 2 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA

creative

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Child & Youth Programs

Evenings

TOY MAKERS (Ages 6 to 12 years)

Toy makers gives your child an opportunity to create a keepsake toy that they can cherish for years to come. This class encourages your child to use their imagination and put their creativity to the test through a variety of activities, games and crafts. Come join this interactive class and explore the art of Toy Making. *Please sign up for one date only!*

Date: Wednesday, December 3th OR 10th, 2025; individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: TBA

Happy
Holidays

St. Albert FRC Holiday Hours

Our last day of programming will be Tuesday, December 16th.

Our offices will remain open with limited hours from

Wednesday December 17th to Friday December 19th.

We will be CLOSED from December 22nd until Monday, January 5th.

Wishing ALL of our families a wonderful holiday season!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

LOST IN LEGO (Ages 6 to 12 years)

Want to get lost in Lego? Join us for some Lego craze as we explore endless puzzles and board games. This hands-on program will help children explore their creative senses, encourage teamwork and improve their problem solving skills.

Date: Friday, September 19th, 2025 (Catholic School)

Monday, September 29th, 2025 (Public School)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA

*imagination
has no
limit*

Celebrate Dia De Los Muertos (Ages 6 to 12 years)

Let's celebrate the Mexican holiday of Dia De Los Muertos which acknowledges and celebrates loved ones that have passed! We will be creating paper picado banners, marigold flowers, sugar skulls and watching the movie Coco!

Date: Friday, October 10th, 2025 (Catholic School PD Day)

Monday, October 20th, 2025 (Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA



**We will be closed for staff development
on **September 30th** in recognition of
National Day for **Truth and Reconciliation****

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

HOME ALONE (Ages 10 to 12 years)

Parents, have you been asking yourself if your child is ready to stay at home alone? This program offers children the opportunity to learn and practice many skills that will help them make good decisions and be more independent. Some topics to be covered include: responsibilities & safety inside the home, street smarts, rules, internet safety, boundaries & communication.

Date: Friday, November 7th, 2025 (Catholic & Public School)

Time: 9:30am - 3:30pm

Fee: \$30.00

Facilitator: TBA

HOME ALONE

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

JR. EINSTEIN'S (Ages 6-12)

Slime, lightning, magnets and explosions are what this class is all about! Children will spend the day exploring science through hands on experiments that will be sure to test their theories and expand their knowledge. This fun and interactive science class is sure to get messy!

Date: Monday, November 10th, 2025 (Catholic & Public School)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA

FALL FRENZY (Ages 6 to 12 years) (Catholic School)

Join us as we experience new activities and themes each day through a breath of fun during fall break! From STEM Lab to Book worm day, your child will engage in new activities each day where they can explore hobbies, games and so much more! We will end off the week with a slumber party!

Date: Wednesday to Friday, November 12th to November 14th, 2025; 3 days

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA

JR. ARTISTS/PJ PARTY (Ages 6 to 12 years)

Is your child artistically inclined? In the morning we will explore our creative side through painting, sculpting, doodling and many more imaginative activities. Our afternoon will end off with a PJ party, so wear your pajamas, bring a stuffy and a blanket to cozy down for some fun!

Date: Friday, December 5th, 2025 (Catholic & Public School)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: TBA

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Teen Programs

Light snacks and refreshments provided

THE FIRE WITHIN (Ages 13 to 17 years)

Gather around the fire for The Fire Within, a youth sharing circle rooted in Indigenous culture, connection and community. As the flames crackle, we'll share stories, listen with respect and build trust in a safe and welcoming space. Whether you want to speak from the heart or simply be present, your voice and presence are valued. We'll also enjoy roasting hot dogs and s'mores together-because nothing brings people closer than good food and a warm fire. Come as you are, bring your spirit and join us under the stars.

Dates: Tuesdays, Sep 2nd, 9th, 16th & 23rd; 2025

Time: 5:30pm - 7:00pm

Fee: FREE

Facilitator: Katelyn

Location: Lions Park



ROOTS & TRAILS (Ages 13 to 17 years)

Take a deep breath, slow down and reconnect with the land on our Roots & Trails nature walk through the beautiful botanical gardens. Surrounded by plants, flowers and fresh air, we'll explore the natural world together while learning, reflecting and simply enjoying the moment. This walk is a chance to unwind, connect with nature and spend meaningful time in community. All ages and abilities are welcome-come walk with us and let the land speak.

Dates: Fridays, Sept 3rd, 2025

Time: 5:30pm - 7:00pm

Fee: FREE

Facilitator: Katelyn

Location: St. Albert Botanical Gardens

Alberta Provincial Family
Resource Networks

BEAR CUB COOKING CLUB (Ages 13 to 17 years)

Join us in the kitchen to cook, learn, and connect! In this hands-on program, youth will explore tasty recipes from traditional favourites to new creations, while building skills and confidence. Come fill your belly and your spirit; there is always a spot for you at our table!

Dates: Wednesdays, Sept 10th, 24th, Oct 8th, 22nd, Nov 5th, 19th & Dec 3rd; 2025

Time: 4:30pm - 6:00pm

Fee: FREE

Facilitator: Katelyn

Location: Little White School

Teen Programs

Light snacks and refreshments provided

SPLASH & CRASH (Ages 13 to 17 years) *Pizza Provided*

Come cool off and make a splash at our Splash & Chill drop-in swim night! This fun and relaxed evening is open to all youth looking to hang out, swim and connect in a safe, welcoming space. Whether you're diving in, floating with friends or just enjoying the water, it's a great way to unwind and have fun together.

Dates: Wednesday, Sep 17th; 2025

Time: 5:30pm - 7:00pm

Fee: FREE

Facilitator: Katelyn

Location: Servus Place



BEADING BRIMS (Ages 13 to 17 years)

Come join us for a hat brim beading session where we blend tradition with style. You'll get the chance to bead your own custom design, something that will turn heads and honour your roots. Walk through town looking deadly, rocking your creation with pride, just like your kokum would have wanted. Whether you are new to beading or a pro with the needle, all are welcome in the circle!

Dates: Fridays, Sept 5th, 19th, Oct 3rd, 17th, Nov 14th, 28th & Dec 12th, 2025

Time: 5:00pm - 6:30pm

Fee: FREE

Facilitator: Katelyn

Alberta Provincial Family
Resource Networks

Location: St. Albert Family Resource Centre

BEAR CUB COOKING CLUB (Ages 13 to 17 years)

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Dates: Wednesdays, Sept 10th, 24th, Oct 8th, 22nd, Nov 5th, 19th & Dec 3rd; 2025

Time: 4:30pm - 6:00pm

Fee: FREE

Facilitator: Katelyn

Location: Little White School

Teen Programs

Light snacks and refreshments provided

TEEN NIGHT OUT (Ages 13 to 15 years)

Join us at the St. Albert FRC for Teen night, a welcoming space for teens aged 13-15! Engage in fun activities, from arts to doing homework, while connecting with peers and receiving mentorship. Our dedicated staff support you in building confidence and friendships as you navigate your teen years. Enjoy complimentary drinks and snacks as you have the chance to connect with yourself and others. Drop in, make memories, and discover your potential!

Dates: Thursdays, Sept 11th, Oct 2nd, Nov 6th & Dec 4th 2025; individual sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Katelyn & TBA

Location: St. Albert Family Resource Centre



Alberta  *Provincial Family Resource Networks*

**IN MY
TEENAGE
ERA**

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Adult/Parenting Programs

IF CHILD CARE IS REQUIRED, PLEASE REGISTER FOR OUR UN-PARENTED PROGRAM
WEDNESDAY WONDERS FOR 3-6 YEAR OLDS WHICH RUNS ON THE SAME DATES!

COFFEE & CONNECTIONS (Registered monthly program) *NEW*

This program provides an opportunity for parents and caregivers to build social connections and share their thoughts and feelings regarding parenting in a safe and supportive environment. Let's enjoy a cup of coffee together, while we discuss parenting challenges, topics and so much more! From book clubs to different hobbies and passions we can build a sense of belonging and support with each other!

Dates: September 10th, 17th & 24th, 2025; 3 sessions
October 8th, 15th & 22nd, 2025; 3 sessions
November 5th, 12th & 19th, 2025; 3 sessions
December 3rd & 10th, 2025; 2 sessions
Time: 2:00pm - 3:00pm
Fee: FREE
Facilitator: Miss Sabrina

ALL WE NEED
IS
♥ LOVE ♥
& COFFEE

MORNINGS WITH DAD (Ages 5 to 10 years)

This program provides a safe, inclusive and engaging environment to support you in being a better father figure. Through a combination of play and educational resources, our aim is to enhance father-child relationships, foster a sense of communication among fathers and equip them with the beginning of necessary tools for successful parenting.

Coffee and light snacks provided

Dates: September 20th, 2025; individual session
October 18th, 2025; individual session
November 15th, 2025; individual session
December 13th, 2025; individual session
Time: 10:00am - 12:00pm
Fee: FREE
Facilitator: Sam Tshuma of Paxxira Inc

Dad

ONLINE Registration Opens at 12:00pm August 13th, 2025

Please register early as classes fill up quickly!

Adult/Parenting Programs

FIRST TIME PARENTS (Light Refreshments)

We are a nurturing community dedicated to supporting new parents in their journey of parenthood. Through informative workshops and discussions, members explore critical aspects of child development, gaining valuable insights into their babies' physical, emotional, and cognitive milestones. With a holistic approach, the First Time Parents group equips new parents with essential parenting skills, empowering them to navigate the joys and challenges of raising a child with confidence and resilience. Come and join us to meet new parents and caregivers in the community.

Please bring a blanket for the baby to be placed on during the program.

Date: Fridays, September 12th to October 3rd, 2025; 4 sessions

Date: Fridays, November 7th to November 28th, 2025; 4 sessions

Time: 10:15am-11:45am

Fee: FREE

Facilitator: Terri Stewart

Location: St. Albert Public Library

VIRTUAL CIRCLE OF SECURITY

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened by self-reflection.

Learning Objectives of the Training:

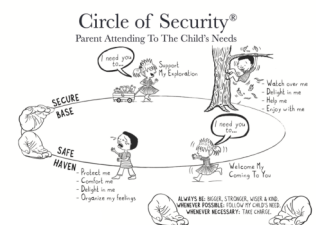
- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem
- Honor your innate wisdom and desire for your child to be secure

Date: Wednesdays, September 17th to October 29th, 2025; 7 sessions

Time: 6:30pm - 8:30pm

Fee: FREE

Facilitator: Terri Skinner



Parents: Questions or concerns about parenting? Our Parent Coach is available to meet with families and provide assistance on a short-term basis. Accessing the Parent Coach can be as easy as making a phone call, meeting face-to-face, or connecting through social media. This program is open to ALL families.

Adult/Parenting Programs

Emotion Coaching

Emotions...we all have them. Everything we do and everything we learn is shaped, in some way by the way we feel. Feelings are a natural part of who we are, but, how do children learn about emotions? How do they learn to understand their sadness or joy? What is appropriate behaviour when these feelings are strong? What can a parent do when a child explodes in anger, or hides in fear? Parents spend lots of time teaching children important things, such as reading, or tying shoes. Taking time to help children learn to understand their feeling is important too. Emotion Coaching is a parenting technique that helps children understand their feelings. Please join us in exploring the five steps of emotion coaching to support your child in learning how emotions work, and how to react to feelings in a healthy way.

Date: Wednesday, October 15th, 2025; individual session

Time: 6:00pm-7:30pm

Fee: FREE

Facilitator: Maryann Da Silva & Terri Stewart

POSITIVE DISCIPLINE

This course will give you the skills required to encourage independence and exploration while setting appropriate boundaries with your child. Parents will learn to recognize when their child is ready to master the challenges of sleeping, eating and potty training, while avoiding power struggles that so often come with these lessons.

Date: Wednesday, November 5th, 2025; individual session

Time: 6:00pm-7:30pm

Fee: FREE

Facilitator: Maryann Da Silva & Terri Stewart

Did you know that we offer outreach programming for schools and daycares? Please contact our navigator for more information at 780-459-7377 ext. 229 or navigator@stalbertfrc.ca

Adult/Parenting Programs

Thursday Evenings

STRONG AND SINGLE...A GROUP FOR SINGLE CAREGIVERS

We invite you to join our single caregivers group! You will have the opportunity to make meaningful connections within the community, as well as learn something new and interesting through our fabulous parent educators, Maryann and Terri. Weekly topics and guest speakers will vary depending upon the needs and interest of the group.

Time: 5:30pm - 7:00pm

Location: St. Albert Family Resource Centre

Fee: FREE

Facilitator: Maryann Da Silva & Terri Skinner

FREE NUTRITIOUS MEAL

Dates:



September 11th, 2025; Individual Session (Personal & Family Values)

September 25th, 2025; Individual Session (GUEST SPEAKER: Indigenous Teachings of community, connections and indigenous craft)

October 9th, 2025; Individual Session (Growing gratitude in our children, ourselves and how it contributes to our own happiness and empowerment)

October 23rd, 2025; Individual Session (GUEST SPEAKER: Development & ADHD Coach, Sharing research, experience and strategies to support children and parents)

November 6th, 2025; Individual Session (Personal boundaries for a powerful presence)

November 20th, 2025; Individual Session (Creating a vision board for 2026: Making your hopes and dreams a reality)

FREE CHILDCARE

FREE NUTRITIOUS MEAL

REGISTER ONLINE @WWW.STALBERTFRC.CA

Registration Information

- Online registration opens at 12:00pm on August 13th, 2025, @ www.stalbertfrc.ca
- Participants must meet the program requirements to register.

PLEASE TAKE NOTE OF AGE REQUIREMENTS WHEN REGISTERING. PLEASE NOTE WHEN RESERVING TICKETS FOR PARENTED PROGRAMS YOU WILL ONLY INPUT YOUR CHILD/RENS NAMES. ALL PARENTED PROGRAMS REQUIRE A PARENT TO ATTEND WITH A CHILD. ERRORS IN REGISTRATION MAY IMPACT YOUR ABILITY TO ATTEND THE PROGRAM

Early Childhood program requirements *including toilet training policies*

The following requirements are in place for health and safety reasons:

- Children 3 and over, who are registering for an un-parented program, must be potty-trained.
- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up or diaper, due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Parents are strongly encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Cancellation Policy**

- Please notify us a minimum of five working days prior to our program start date so we are able to offer registration to the next person on the wait list.

WELLNESS CHECKLIST INFORMATION

Please note that all children and parents attending programs will be required to review a daily WELLNESS checklist before coming in to the centre. This link will be sent out before each program starts.

St. Albert FRC reserves the right to combine, postpone or cancel classes due to insufficient registration. Course cancellations may occur due to reasons beyond our control.

Office Hours:

Monday to Friday

9:00am to 12:00pm & 1:00pm to 4:30pm

Please note: We are closed for lunch between 12:00pm and 1:00pm, as well as evenings*, weekends and holidays. *unless otherwise stated.

Family Support Program

Home Visitation (ages 0-6 years)

Parent Coach (ages 7-17 years)

Health for Two (pregnancy - 2 months postpartum)

Developmental Screens (ages 1 month – 5.5 years)

Information Referrals

Our **FREE** Family Support Programs have one goal: to help & support caregivers, in raising healthy, safe, and secure children. These programs give families access to information, education, and support for parenting and child development, through every stage (newborn, toddler, tween or teen).

What You Can Expect:

- Knowledgeable coaches who are trained in various parenting programs, including Triple P, Circle of Security, and Active Parenting
- Community resources and referrals
- Mentorship & support through challenges
- Flexible programs, tailored to each family's unique needs
- Culturally-sensitive coaches and programs

Program Benefits:

- Improved parenting knowledge and skills, that can be applied in day-to-day life
- Enhanced knowledge of child development
- Connects families with appropriate community resources
- Encourages families to make connections with other families
- Helps families build on their strengths
- Improved relationships with family, peers, and community



HOME VISITATION PROGRAM (ages 0-6)

A trained Parent Coach will help parents and caregivers identify what areas they require support. Through this process, goals are determined, and the parent coach will support families with the resources and tools needed to achieve their goals. Overall, Home Visitation is flexible and tailored to each family's needs. Home Visitation focuses on strengthening and supporting families by:

- Teaching problem-solving skills
- Encouraging positive parent-child relationships
- Supporting early child growth and development (language, fine and gross motor, cognitive, social & emotional skills)
- Helping families build on their own strengths
- Connecting families with appropriate community resources

DEVELOPMENTAL SCREENING (ages 1 month - 5.5 years)

Would you like to know how your child is developing? Are they meeting their developmental milestones? Screening young children is an effective, efficient way to check a child's development. It's also an essential first step toward identifying children with delays or disorders in the critical early years.

Our staff are trained in using Ages & Stages Questionnaire (ASQ-3) and Nipissing child development screens. The questionnaire is family friendly and you will receive immediate feedback.

Our staff will be happy to provide you with strategies and activities to try at home with your child, and referrals can also be made to other early childhood programs that will continue to enhance your child's development.

PARENT COACH PROGRAM (ages 7-17)

A Parent Coach will meet with families and provide assistance on a short-term basis, providing support and mentorship through challenges. This program is open to all families, and includes:

- Mentorship through challenges
- Support built on your existing strengths
- Increased knowledge that can be applied to your day-to-day life
- Improved relationships with your family,

HEALTH FOR TWO PROGRAM (pregnancy - 2 months postpartum)

Prenatal education & community resources to women during their pregnancy and following the birth of their baby. Designed for women who may face social or economic risks to a healthy pregnancy, including:

This program is delivered one-on-one by a Family Educator and includes a range of services, such as:

- Teen pregnancy
- Single parent
- Low/no income
- Poor nutrition
- History of substance abuse
- Language/cultural barriers
- History of family violence
- History/current depression
- Education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
- Support and referrals to community supports, such as maternity care, mental health, addictions, housing, food security
- Resources may include milk coupons and prenatal vitamins, and bus tickets for doctor appointments



DONATION INFORMATION

St. Albert Family Resource Centre (FRC) is a thriving charitable organization serving families in St. Albert and the surrounding communities since 1982.

We offer over 400 courses and workshops annually through our Family Life Education Program, at the Centre and on an outreach basis. Early Childhood Programs, Child and Youth Programs, and Parent Education Programs make up the many courses offered.

Our Family Support Program offers one-on-one education, support and referrals to parents or the primary caregiver of children. Programs vary in length and intake criteria.

Please use the QR code below to make a donation. We thank you for your support.



Thank
for your
Donations